

Chicken or Turkey Chop Suey - USDA Recipe D180

Meal Components: Vegetable - Other, Meat / Meat Alternate

D18

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Low-sodium chicken broth		2 1/2 qt		1 gal 1 qt	1. Combine broth, soy sauce, pepper, and garlic powder in a large stock pot. Bring to a boil.
Low-sodium soy sauce		1/2 cup		1 cup	
Ground black pepper		1/2 tsp		1 tsp	
Garlic powder		1/2 tsp		1 tsp	
*Fresh celery, diced 1/2" (cut at an angle)	2 lb 2 oz	1 qt 2 3/4 cups	4 lb 4 oz	3 qt 1 1/2 cups	2. Add celery and onions. Reduce heat to low and simmer uncovered for 10-12 minutes. Set aside for step 4.
*Fresh onions, chopped 1/4"	8 oz	1 1/2 cups	1 lb	3 cups	
Cornstarch	4 1/2 oz	3/4 cup	9 oz	1 1/2 cups	3. Combine cornstarch and water in a small bowl. Stir well.
Water		3/4 cup		1 1/2 cups	
					4. Add cornstarch mixture to broth mixture. Stir well. Simmer uncovered over medium heat until

Frozen, cooked diced chicken, thawed 1/2" pieces	3 lb 3 oz	2 qt 3 cups	6 lb 6 oz	1 gal 1 qt 2 cups	5. Add chicken and snow peas. Continue to simmer over medium heat, uncovered, for 3-5 minutes.
Frozen, cooked diced turkey, thawed 1/2" pieces	3 lb 3 oz	2 qt 3 cups	6 lb 6 oz	1 gal 1 qt 2 cups	
Snow peas, frozen, cooked	8 oz	1 1/2 cups	1 lb	3 cups	6. Critical Control Point: Heat to 165 °F or higher for 15 seconds. 7. Pour into a steam table pan (12" x 20" x 4"). 8. Critical Control Point: Hold for hot service at 140 °F or higher. 9. Portion with 6 fl oz spoodle (3/4 cup).
(Optional) Cooked Rice (B-03)					10. (Optional) Serve over cooked rice. See B-03 for recipe ingredients and directions.

Notes

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #2: Same Day Service

Serving

NSLP/SBP Crediting Information: 3/4 cup (6 fl oz spoodle) provides 2 oz equivalent meat/meat alternate and 1/4 cup other vegetable.

CACFP Crediting Information: 3/4 cup (6 fl oz spoodle) provides 2 oz meat/meat alternate and 1/4 cup vegetable.

Marketing Guide		
Food as Purchased for	25 Servings	25 Servings
Mature onions	10 oz	1 lb 4 oz
Celery	2 lb 9 oz	5 lb 2 oz

Serving	Yield	Volume
See Notes	25 Servings: about 10 lb	25 Servings: about 1 gallon 1 quart / 1 steam table pan (12" x 20" x 4")
	50 Servings: about 20 lb	50 Servings: about 2 gallons 2 quarts / 2 steam table pans (12" x 20" x 4")

Nutrients Per Serving					
Calories	133	Saturated Fat	1 g	Iron	1 mg
Protein	14 g	Cholesterol	38 mg	Calcium	22 mg
Carbohydrate	9 g	Vitamin A	302 IU	Sodium	269 mg
Total Fat	4 g	Vitamin C	5 mg	Dietary Fiber	1 g